

# YOUR MENUS WEEK 1-3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## WEEK 1

MAIN MEAL

Italian style beef & pasta bake (gluten, milk)

Chicken korma (milk)

Roasted chicken & gravy

Beef burger in a bun (celery, gluten, soya, sulphites, may contain sesame)

Battered fish (fish, gluten)

PLANT POWER

Hidden vegetable ragu pasta bake (v) (gluten, milk)

Chickpea & cauliflower korma (v) (milk, may contain gluten)

Falafel loaf with gravy (v) (egg, gluten, milk, soya)

Vegetable & bean burger in a bun (vg) (gluten, may contain sesame)

Veggie frittata (v) (egg, milk)

SIDES

Garden peas & our salad selection, handmade bread (milk, gluten, soya, may contain egg)

Broccoli & 50/50 rice, our salad selection, handmade bread (milk, gluten, soya, may contain egg)

Skin on roast potatoes, medley of vegetables, our salad selection, handmade bread (milk, gluten, soya, may contain egg)

Sweetcorn & our salad selection, handmade bread (milk, gluten, soya, may contain egg)

Chips, baked beans & our salad selection, handmade bread (milk, gluten, soya, may contain egg)

PUDDINGS

Fruity flapjack (v) (gluten) or fresh fruit

Berry cookie (v) (gluten) or fresh fruit

Yoghurt & fruit (v) (milk) or fresh fruit

Strawberry and vanilla mousse (v) (milk) or fresh fruit

Fruit jelly (v) or fresh fruit

## WEEK 2

MAIN MEAL

Classic pepperoni pizza (gluten, milk, soya, may contain egg)

Rich beef bolognese (gluten)

Roasted gammon & gravy

Taste of Asia - stir fried chicken noodles with sweet chilli (eggs, gluten)

Breaded chicken goujons (gluten) or salmon fishcake (fish, gluten)

PLANT POWER

Cheese & tomato pizza (v) (gluten, milk, soya, may contain egg)

Red pepper & vegetable bolognese (vg) (gluten)

Vegan sausage & gravy (vg) (soya)

Taste of Asia - stir fried veggie noodles with sweet chilli sauce (v) (egg, gluten, soya)

Vegetable fingers, cheese and bean wrap (v) (gluten, milk)

SIDES

Chef's coleslaw (egg) our salad selection, garlic bread (milk, gluten, soya, may contain egg)

Sweetcorn & our salad selection, handmade bread (milk, gluten, soya, may contain egg)

Zero waste roast potatoes & medley of vegetables, our salad selection, handmade bread (milk, gluten, soya, may contain egg)

Green beans, carrots, broccoli, our salad selection, handmade bread (milk, gluten, soya, may contain egg)

Chips, baked beans, our salad selection, handmade bread (milk, gluten, soya, may contain egg)

PUDDINGS

Carrot & ginger biscuit (v) (gluten) or fresh fruit

Wholemeal orchard fruit crumble (v) (gluten) with vanilla sauce (v) (milk) or fresh fruit

Yoghurt & fruit (v) (milk) or fresh fruit

Taste of Asia - plum steamed pudding (v) (egg, gluten) with custard (v) (milk) or fresh fruit

Mousse (v) (milk) or fresh fruit

## WEEK 3

MAIN MEAL

Cheese & tomato pizza with half a jacket potato (v) (milk, gluten, soya, may contain egg)

Traditional beef lasagne (milk, gluten, may contain egg)

Herby roast chicken & gravy

Sausage meat plait (egg, gluten, sulphites) with gravy

Fish fingers (fish, gluten)

PLANT POWER

Bean chilli with 50/50 rice (vg) (may contain gluten)

Mediterranean vegetable lasagne (v) (milk, gluten, soya, may contain egg)

Baked sweet potato with Mexican veg (vg) (may contain gluten)

Veggie slice with gravy (v) (egg, gluten, milk)

Vegan sausage (vg) (soya)

SIDES

Garden peas & our salad selection, handmade bread (milk, gluten, soya, may contain egg)

Broccoli & our salad selection, garlic bread (milk, gluten, soya, may contain egg)

Zero waste roast potatoes, roasted parsnips & carrots, our salad selection, handmade bread (milk, gluten, soya, may contain egg)

Potato wedges, sweetcorn & our salad selection, handmade bread (milk, gluten, soya, may contain egg)

Chips, baked beans, our salad selection, handmade bread (milk, gluten, soya, may contain egg)

PUDDINGS

Peaches & yoghurt (v) (milk) or fresh fruit

School cake (v) (egg, gluten) or fresh fruit

Strawberry and Vanilla mousse (v) (milk) or fresh fruit

Krispie cake (v) (gluten) or fresh fruit

Steamed lemon sponge (v) (egg, gluten) with custard (v) (milk) or fresh fruit

AVAILABLE DAILY

Jacket potatoes with beans, cheese (milk)

